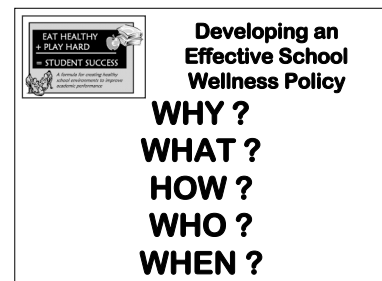
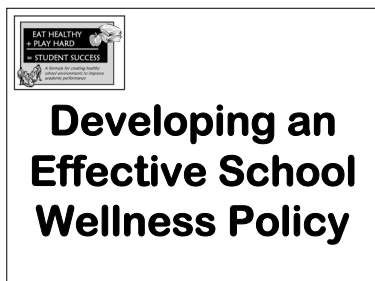
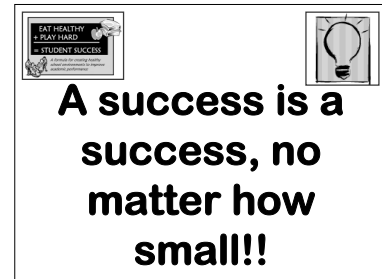
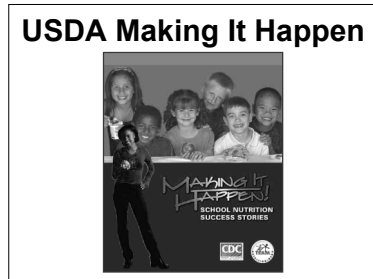
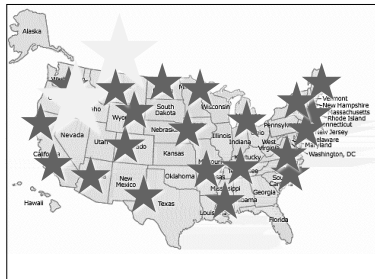
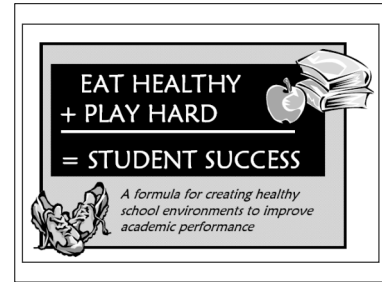


**Developing Effective School Wellness Policies**  
**Professional Technical Educators Conference ~ June 2005**  
**Idaho Falls, ID**



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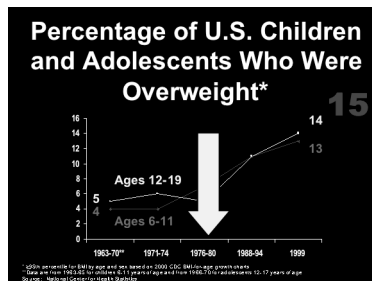
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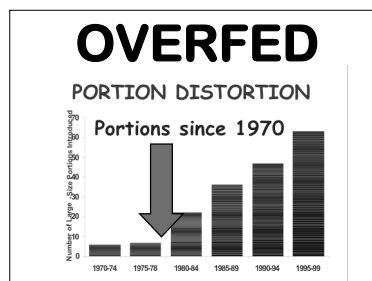
**Weighty Health Issues**  
 Overweight  
 Overfed  
 Undernourished  
 Sedentary  
 Diabetes (type 2)  
 CVD risk factors  
 Eating disorders



**OVERWEIGHT in Idaho**

- ✓ 31 percent of 4th graders in Nampa
- ✓ 57.3 percent of adults

**OVERFED**  
 Over 40 percent of children's calories come from **ADDED** fat and sugar.



**OVERFED**

USDA MEDIUM LARGE SUPER-SIZE

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#### PORTION DISTORTION



#### PORTION DISTORTION

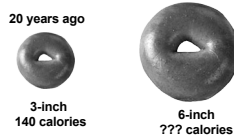


300 calories vs. 670 calories

#### PORTION DISTORTION



#### PORTION DISTORTION



20 years ago, a bagel was 3 inches in diameter and had 140 calories.  
How many calories are in today's bagel?

#### PORTION DISTORTION



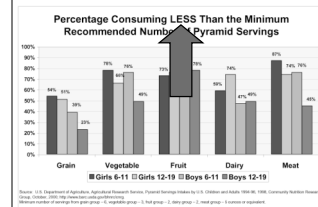
20 years ago, a portion of spaghetti and meatballs had 500 calories.  
How many calories are in today's portion?

#### PORTION DISTORTION

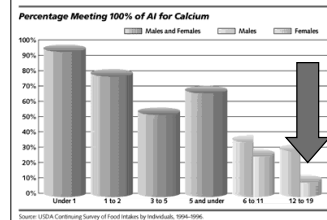


20 years ago, a turkey sandwich had 320 calories.  
How many calories are in today's portion?

#### UNDERNOURISHED



#### UNDERNOURISHED



#### Importance of DAIRY:

- ✓ Kids who avoid milk more likely to be overweight & have fractures
- ✓ Higher milk intake in children associated with lower body fat

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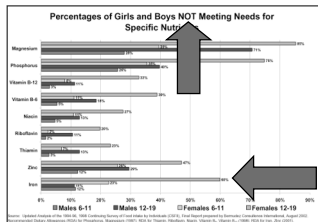
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# Developing Effective School Wellness Policies

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#### UNDERNOURISHED



#### SEDENTARY

Couch potato parents ... and tater tot kids

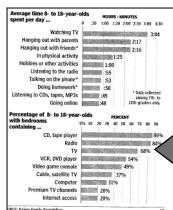
#### SEDENTARY

- ✓ Less PE in school
- ✓ More screen time
- ✓ Only 50% of kids get regular vigorous activity
- ✓ 14% of teens report NO physical activity

#### SEDENTARY

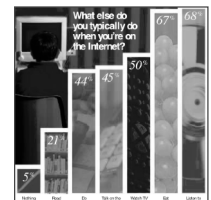
33 percent of 2 to 7 year olds have a TV in their bedroom

#### SEDENTARY



#### SEDENTARY

According to a Nov. 2003 JADA study, more than 50% of children & teens eat - some constantly - when they are playing video games, using the computer, or doing homework.



#### Type 2 DIABETES



*"One in three children born in the US in 2000 will become diabetic ..."*  
CDC ~ 06/15/03

#### CVD RISK FACTORS

Percent of children, aged 5-10, with 1 or more adverse CVD risk factor levels:

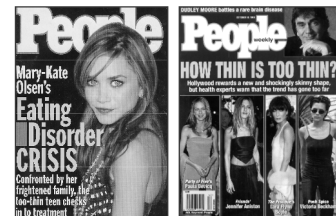
27.1%

Percent of overweight children, aged 5-10, with 1 or more adverse CVD risk factor levels:

60.6%

Source: Freedman DS et al. Pediatrics 1999; 103:1175-82

#### PRESSURE for THINNESS



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#### EATING DISORDERS

- ✓ 80% of 5-10 year old children are afraid of being fat
- ✓ 50% of 9-10 year old girls feel better when they are on a diet
- ✓ Eating disorders also epidemic
- ✓ Estimates 7-11 million Americans
- ✓ 10% of high school senior girls

#### 9. These problems have far-reaching consequences.

##### Low esteem found in obese children

Study raises concern of obese kids as low as cancer patients.

More school related

Obesity and low self-esteem are linked in a new study. The study found that obese children have lower self-esteem than non-obese children. The study also found that obese children are more likely to be bullied and have lower academic achievement. The study suggests that schools should take steps to address these issues, such as providing counseling and promoting healthy eating and physical activity.



Is  
student  
**health**  
the missing  
link in school  
improvement  
?????

#### 8. School play a central role in creating solutions.

????????????  
**SOLUTIONS**  
????????????

#### Real Solutions:

FAMILY  
PRE-SCHOOL

**SCHOOLS**

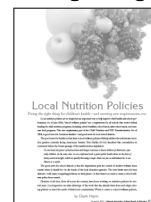
COMMUNITY  
HEALTH CARE  
INDUSTRY

#### Idaho Families



Fit,  
Healthy,  
and  
Ready  
to  
Succeed

#### 7. School wellness policies are required beginning in 2006.



Local Nutrition Policies

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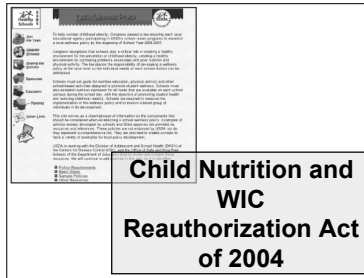
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#### Senator Tom Harkin

*"On one hand, the specter of malnutrition and hunger continues to haunt millions of Americans, especially children. At the same time, we are confronted with a grave public health threat in the form of obesity and overweight, which are quickly becoming a major threat not just to individuals but to our Nation as a whole."*



#### What the law requires for school year 06-07...

- ✓ Goals for nutrition education, physical activity, and other school-based activities to promote student wellness
- ✓ Nutrition guidelines for all foods available on school campus during the school day
- ✓ Ways of measuring how well the school wellness policy is being implemented
- ✓ Involvement of parents, student, school board, foodservice, administrators, and the public

**6. Children naturally love to be active and eat healthfully.**

**5. Nutrition and fitness help children behave well in school.**

#### Nutrition and Fitness

- ✓ Reduce irritability
- ✓ Reduce anxiety
- ✓ Reduce depression
- ✓ Improve attendance
- ✓ Improve energy levels
- ✓ Improve behavior

**No  
Child's  
HEALTH  
Left  
Behind**

**4. Nutrition and fitness improve academic performance.**

#### Nutrition and Fitness

- ✓ Reduce apathy
- ✓ Reduce infections
- ✓ Reduce absences
- ✓ Improve participation
- ✓ Improve test scores
- ✓ Improve academic success

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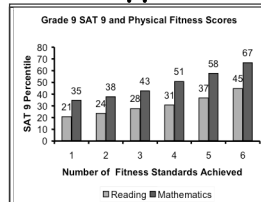
### Idaho Falls, ID

### Academics

**BOTTOM LINE:**

**Kids need nutrition to  
get information IN,  
not just OUT  
on test days.**

### Research supports fitness



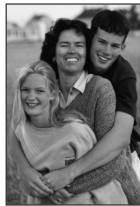
California Dept. of Education

**3. Fit, healthy children are  
happy successful children.**

**2. Healthy kids = healthy  
schools = healthy communities.**

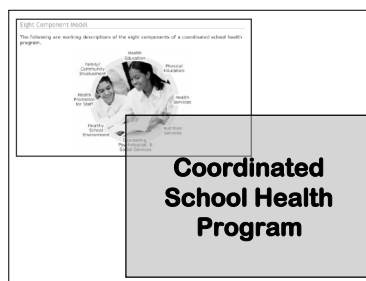
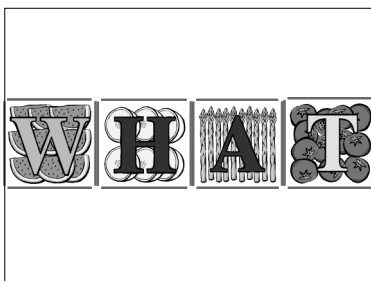


### Idaho Families



**Fit,  
Healthy,  
and  
Ready to  
Succeed**

**1. We must be  
the change we  
want to see in  
the world.**



### 2005 DIETARY GUIDELINES

- ✓ Make smart choices from every food group.
- ✓ Balance your food and physical activity.
- ✓ Get the most nutrition your calories.

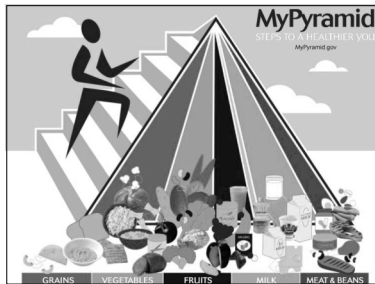
*Finding Your Way to a Healthier You*

**Dayle Hayes, MS, RD**

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**Use local products**

**North Carolina**

**Use local products**

[www.farmtoschool.org](http://www.farmtoschool.org)

**W H A T**

**Develop an effective school wellness policy.**

**W H A T**

**GOALS** for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines is appropriate

**Implement a fruit and veggie education program for elementary students.**

**Mississippi**

**Provide nutrition & physical education at all grade levels.**

**Michigan**

**RESOURCES**

**Montana Team Nutrition Resources**

**RESOURCES**

**VERB Youth Campaign**

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**Implement a walking program for students, staff, and families.**

**Mississippi**

**Implement a before/after activity program for children.**



**Texas**

**Begin a recess before lunch program.**

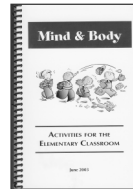
**Idaho**

**RESOURCES**



Montana Team Nutrition Resources

**RESOURCES**



Montana Team Nutrition Resources



**Nutrition GUIDELINES selected by the local educational agency for ALL foods available on each school campus under the local educational agency during the school day with the objectives of promotion student health and reducing childhood obesity**

**Increase high-calcium options in vending.**



**U.S.-A-**

**Increase high-calcium options in student stores.**

**Montana**

**Increase high-calcium options in snack programs.**

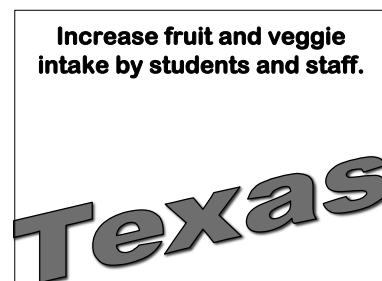
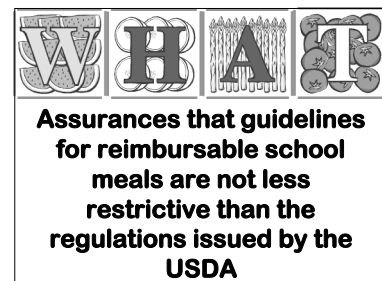
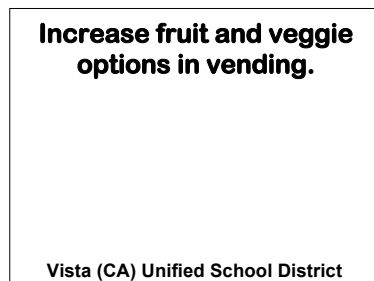
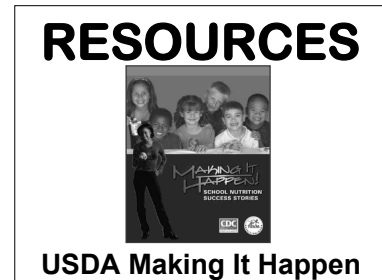
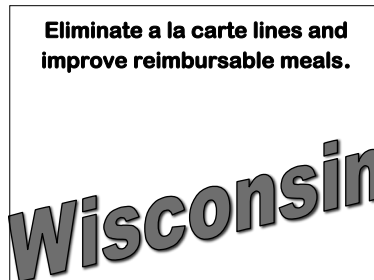
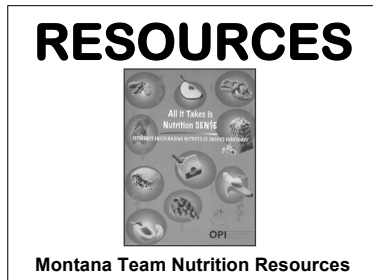
**Wisconsin**

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# Developing Effective School Wellness Policies

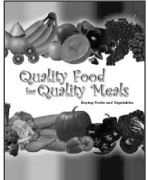
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**Increase fruit and veggie intake by students and staff.**

**Montana**

**RESOURCES**



USDA Fruits and Vegetables Galore

**WHAT**

Ways of measuring how well the school wellness policy is being implemented, including designation of one or more persons at each school with operational responsibility for ensuring that the school is meeting the policy

**WHAT**

Involvement of parents, students, representatives of the school food authority, the school board and school administrators, and the public, in developing the wellness policy

**HOW**

**Step 1: Gather input and assess current situation.**

At a minimum, the 2004 federal legislation requires that parents, students, representatives of the school food authority, the school board and school administrators, and the public, be involved in developing a local wellness policy. Input can be coordinated through an existing school committee, like a Health Committee, or a School Health Council.

**A team approach ...**

✓ Students	✓ Doctor
✓ Families	✓ Dietitian
✓ Teachers	✓ Therapist
✓ Coaches	✓ Dentist
✓ Nurses	✓ Orthodontist
✓ Counselor	✓ Public Health
✓ Principal	✓ YWCA/YMCA
✓ Superintendent	✓ Boys/Girls Club
✓ Foodservice staff	✓ Extension
✓ After-school staff	✓ College/University

**Step 2: Develop and approve a School Wellness Policy.**

Once local input has been gathered, schools can develop goals and guidelines to address their specific situation. For assistance in drafting an effective policy, schools may utilize model policies and resources from other school and states as needed.

**Develop an effective school wellness policy.**

- ✓ Goals
- ✓ Guidelines
- ✓ Community Involvement
- ✓ Implementation

**USDA Team Nutrition**  
September 2006

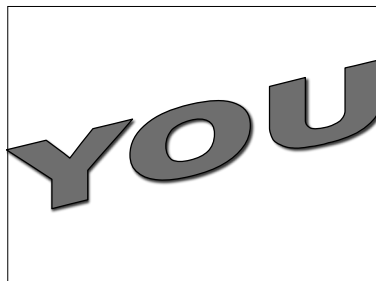
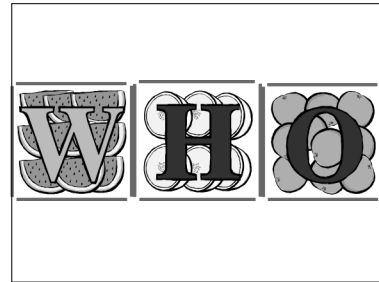
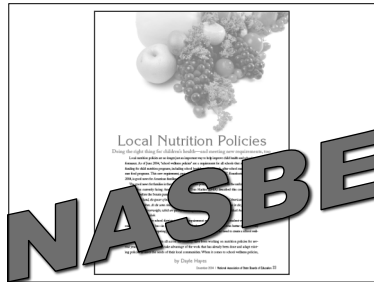
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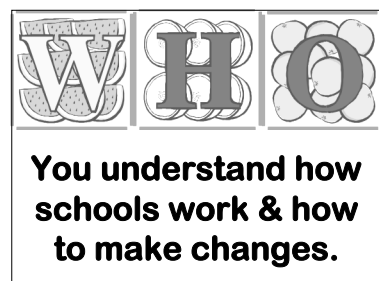
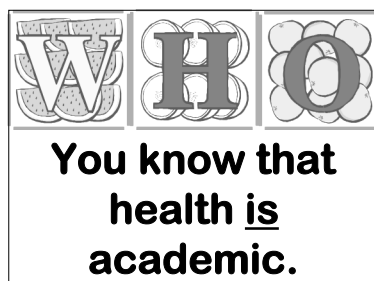
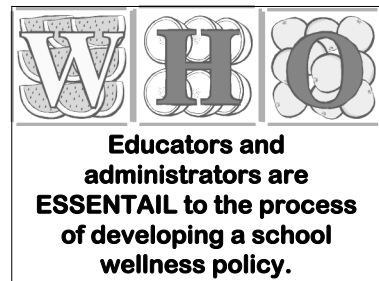
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**Step 3: Implement & evaluate a School Wellness Policy.**  
 Approving a School Wellness Policy is just the first step toward creating an environment that supports student health and achievement. The federal legislation requires a plan for measuring the implementation of the policy, including the designation of one or more persons with responsibility for ensuring that the school meets the local wellness policy.



#### A team approach ...

- |                      |                      |
|----------------------|----------------------|
| ✓ Students           | ✓ Doctor             |
| ✓ Families           | ✓ Dietitian          |
| ✓ Teachers           | ✓ Therapist          |
| ✓ Coaches            | ✓ Dentist            |
| ✓ Nurses             | ✓ Orthodontist       |
| ✓ Counselor          | ✓ Public Health      |
| ✓ Principal          | ✓ YMCA/YMCA          |
| ✓ Superintendent     | ✓ Boys/Girls Club    |
| ✓ Foodservice staff  | ✓ Extension          |
| ✓ After-school staff | ✓ College/University |

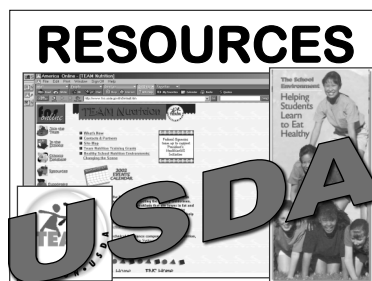
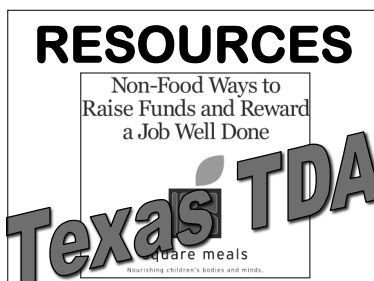
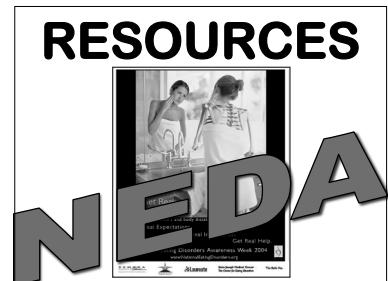
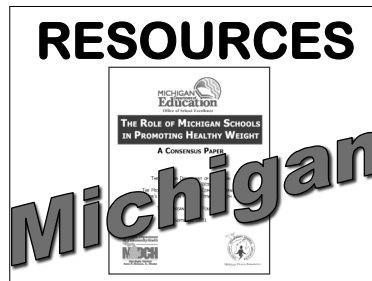


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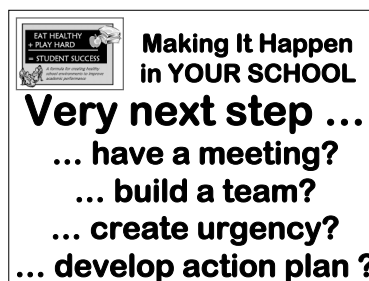
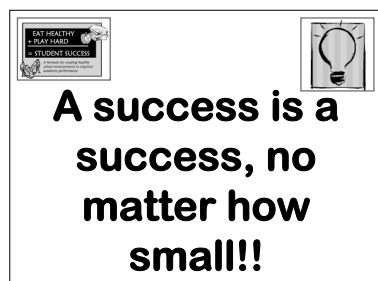
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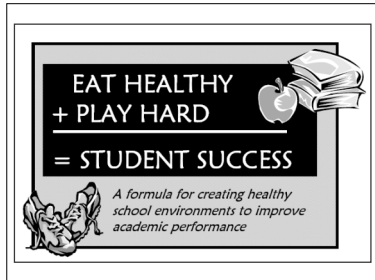
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**EatWellatSchool**  
**@aol.com**



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